

As a community, the Alberta Gymnastics Federation (AGF) continues to grow and work together for the betterment of our sport. We want to express our sincere appreciation to our membership for your ongoing hard work, passion and dedication to our sport. We are a strong example across the country and that is in no small part to our members.

Your Board of Directors continued to show their love for gymnastics in their dedication to leading our membership and addressing your ever-evolving needs. Working diligently, this group of individuals comes together in a unified commitment to the better governance of gymnastics. Hand in hand with your dedicated AGF head office, we are solidifying our leadership in Sport Safety, ensuring that the Federation remains on solid financial footing and continually advocating for our sport and our members with our vision and mission always top of mind.

Vision – A thriving gymnastics Community that delivers positive experiences in the pursuit of excellence.

Mission – To collaborate with gymnastics clubs to grow participation through positive experiences, coaching excellence, and athlete success.

Similarly, within the office, we were able add to your already dedicated staff by hiring new employees ready to work for our members. With the onboarding of four new staff, we were able to provide better service to our membership allowing for more effective programming and better delivery of services. We continue to fortify and grow within the office always seeking the best ways to serve our membership.

For the past season, we maintained a total of 74 clubs in the province, we had some modest growth in our membership numbers with a total of 45,193 individual members. Our most significant increase was in our number of coaches, which is great news following our downturn the last couple of years.

2023-2024 AGF Membership at a Glance - 45,339 Individual Members, 74 Clubs

- | | |
|---|------------------------|
| • 2,066 Competitive Athletes | • 971 Campers |
| • 38,849 Gymnastics For All Participants ranging from 1 to 68 years of age | • 1,311 Coaches |
| • 1,996 Developmental Athletes | • 146 Judges |

Looking Forward to the Journey Ahead...

The Alberta Gymnastics Federation is committed to a vision of achieving a healthy, strong culture around our athletes, coaches, and officials built on a foundation of good governance, fiscal responsibility, sound operational practices, transparency, and good communication.

We look forward to continuing to be adaptable to the ever-changing landscape and evolution within our sport and generally across the amateur sport. In addition, as sport does become more of a business, we are excited to help our clubs and members navigate these changes. Our strategies and implementations will be grounded in the best interests of our athletes and coaches while finding the best tools to allow all who support them to continue to do so.

We would like to thank our valued sponsors who are a key member of our team in supporting you our members:

- Government of Alberta/SPAR
- Spieth America
- Gallagher Insurance
- Boulevard Travel
- Sylvia P
- Limelight Teamwear
- Ultimate Promotions
- Storm Front Promotions
- Konica Minolta
- City of Calgary
- Activity Messenger
- Turn Athletics
- Uplifter

Our collaboration as a community continues to serve as well as we strive to be a leader in sport safety, support, and inclusion as we continue to propel gymnastics in Alberta to high levels of excellence.

We are excited about the opportunities that lie ahead and all the exciting opportunities that await us. With new alignment of programs, new partnerships like Special Olympics and continued membership growth, the future of gymnastics in Alberta is looking very bright.

As always, we are grateful for your continued support and look forward to continuing to work together as we look to the future while building on the strong foundation laid by you our members.

Thank you for your ongoing support. 2024/25, we're excited to see where you take us!



Dawn Vande Vyvere
Board of Directors Chairperson



Robin McDougall
Chief Executive Officer

AGF continues to be a leader in the country in coach development by providing the second most course opportunities and in certifying the greatest number of coaches. This is only possible with the help of our membership, your commitment to evolving your skills and the very hard work of our coach developers and evaluators. In addition, we take pride in being a go to province for hosting pilot courses when possible. These courses are necessary for upgrades, changes and new programs being offered through NCCP and therefore are very important in the ongoing education process.

A big thank you to all of Coach Developers. This dedicated group of individuals ensures the ongoing excellence of coach education in our community.

NCCP Courses:

Course Name	# of Courses	# of Participants
GF Theory	14	313
GF Introduction	26	327
GF Artistic	26	327
GF Active Start	11	122
GF Trampoline	20	206
C1 Theory	9	144
C1 WAG	8	107
C1 MAG	1	18
C1 Trampoline	4	45
C2 WAG	1	12
C2 Trampoline	1	7
TOTAL:	121	1628

Evaluation Name	# of Coaches Certified
GF Artistic	52
GF Active Start	25
GF Trampoline	16
C1 WAG	29
C1 MAG	4
C2 WAG	6
C2 MAG	1
C3 WAG	1
C3 MAG	1
TOTAL:	135

Course & Evaluation Names	# of New Coach Developers
LF C2 & C3 MAG	4
LF C3 Trampoline (Pilot)	3
CE C2 & C3 MAG	3
TOTAL:	10

In December, we were able to hire a dedicated Communications manager. The addition of this position has been able to help us expand our reach and develop our social media at a higher level. For the upcoming season, we look to find more and better ways to interact with our membership and expand our following by sharing all of the great things about our sport. We are excited about all of the great new projects that we can take on to continue to AGF a strong public image.

Social Media Followers Across the Board		% Change
23-Dec	7,554	10.89%
24-Aug	8,377	

# of Followers	396
# of Views	27,899
# of Likes	1,342

Instagram & Facebook Followers			
Platform	Dec-23	Aug-24	% Change
Instagram	4,066	4,381	7.75%
Facebook	3,372	3,484	3.32%

Total Number of Posts December 2023-August 2024	
Platform	Number of Posts
Instagram	182
Facebook	182
TikTok	14

The 2023-2024 Gymnastics For All (GFA) season was full of opportunities for our community to celebrate, collaborate and learn, ranging from AGF events being hosted that added value to the GFA Program, all the way to the sheer volume of participants that participated in gymnastics programs throughout the season. This past season saw a total 38,849 participants, which were led by 701 coaches. This shows an increase in our number of coaches of almost 9%, which is significant after our last few years and helps to continue our growth as a community. Our dedicated, passionate GFA coaches are simply amazing.

AGF and the Gymnastics For All Committee organized the 2023 GFA Getaway at Canmore Illusions. A combination of technical and administrative sessions was hosted throughout the event, and the conversations shared between the 12 clubs in attendance provided great value that they could take back to their gyms and share with their fellow coaches.

This year saw the introduction of our GFA Regional Workshops and was met with incredible enthusiasm. We were able to offer 4 workshops free of charge in Edmonton, Calgary and Okotoks. In 2024-25 we are looking to expand this program with relevant topics and to reach more of the provinces. Stay tuned for these amazing opportunities in your area.

Gymfest 2024, was held April 26-28, 2024 in Calgary at MacEwan University. This year's theme was "A Night At the Movies", inspired many great performances from our teams and gave us an opportunity for some unique workshops. In total, 433 participants, led by 37 coaches, from 19 teams performed in front of a packed audience, of family and friends, giving our athletes a loud and appreciative crowd.

For the 2024-25 season, the GFA program will move under the Sport Development umbrella. This new portfolio will encompass all areas that we look to find better ways to support and grow. This will include GFA and emerging disciplines that currently exist in our gymnastics family, Acro and Parkour, and any potential new ones. With our new Sport Development manager, we are excited about the opportunities and potential growth of our base programming and those programs that are newer to the GymCan family and can benefit from collaborative development.

The 2023-2024 season maintained membership numbers with a total of 121 athletes and 14 coaches with 5 clubs offering the program.

As we prepared for the competitive season, we hosted a training camp at Salto gymnastics. The camp was very well attended by the majority of our competitive athletes.

This year's Acro Provincial Championships was hosted by Acrobatic Studio. We saw a great number of groups attend and the clubs enjoyed a great event.

Nationally, we had three clubs, Salto, Glenmore and Edmonton Acro, participate in Canadian championships in Gatineau, QC in June. In total, Alberta was able to achieve 4 Gold Medals and 3 Silver. Congratulations to all athletes and coaches on your performances representing Alberta.

For the 2024-25 season, the acrobatic program will move under the Sport Development umbrella. This new portfolio will encompass all areas that we look to find better ways to support and grow. This will include GFA and emerging disciplines that currently exist in our gymnastics family, Acro and Parkour, and any potential new ones. With our new Sport Development manager, we are excited about the opportunities and potential growth of our base programming and those programs that are newer to the GymCan family and can benefit from collaborative development.

Clubs

14 Alberta clubs are registered with AGF with a men's competitive gymnastics program: Athletica, Twist & Flip Gymnastics, Spruce Grove Aerials, Exelta, Ortona, Dynamyx, Capital City, Gymtastics, Altadore, Pine Valley, Calgary Gymnastics Center, For Gymnastics, Varsity, South Edmonton Gymnastique.

Number of registered athletes:

- Developmental Athletes: 61
- Provincial Level Athletes: 218
- National Level Athletes: 34

Training Camps

P 1 – 2 Training Camp – September 30th 2023 @ Spruce Grove Aerials Gymnastics Club (45 athletes)

P 3 + Training Camp - November 11th 2023 @ Gymtastics Gym Club (63 athletes)

Western Training Camp – April 7th, 2024 @ Calgary Gymnastics Center (40 athletes)

National Training Camp – May 25th – 26th @ Exelta Gymnastics Club (24 athletes)

Judging Development

In the 2022/23 competitive season the MAG program had 19 registered judges, all of whom were active in helping out with our competitions in Alberta. It was great to be able to have accessibility to a FIG competition at the Grizzly classic which greatly benefited our FIG level judges.

Entry level: 0

Regional level: 8

Provincial level: 4

FIG level: 7

Domestic Competitions

Alberta athletes competed in Alberta Provincial Championships (Calgary – April), Western Canadian Championships (Langley - April), and Canadian Championships (Gatineau – June). Alberta won numerous medals in individual and team events. Participation in these events included:

- 1) **Alberta Provincial Championships** 205 Provincial athletes representing 12 clubs, took part at the Provincial Championships in Calgary, Alberta hosted by AGF.
- 2) **Westerns** – **Team Alberta was represented by** 40 Athletes at the Western Canadian Championships hosted by Langley Gymnastics Center. This year included Provincial 2-5 categories.
- 3) **Canadians** – 25 athletes competed at the Canadian Championships. This included Aspire, Open, Junior and National categories.

MAG Highlights from Western Canadian Championships

- P2
 - Team A - Gold
 - Team B - Bronze
 - Mykhailo Yatsiv – *Gold All Around, Bronze on high bar, Gold on p-bars*
 - Anton Prosolin – *Silver All Around, Silver on floor, Silver on high bar, Silver on vault*
 - Ryan Truman – *Gold on floor, Gold on vault*
 - Beau Legault - *Gold on high bar, Bronze on pommel, Bronze on rings, Silver on p-bars*
 - Jackson Truman – *Bronze on p-bars*
 - Logan Danysk – *Gold on pommel*
 - Liam Crossland – *Bronze on vault*
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- P3
 - Team A – Bronze
 - Matthew Yip – *Gold on high bar, Silver on rings*
 - Kobe Stratton – *Bronze on p-bars, Silver on pommel, Silver on vault*
- P4
 - Team A – Bronze
 - Nathaniel Tran – *Bronze on p-bars*
 - Xavier Lefebvre – *Gold on rings*
- P5
 - Team A – Gold
 - Team B – Silver
 - Leo Cisse – *Gold All around, Gold on high bar, Gold on floor, Bronze on pommel, Silver on vault*
 - Taiki Crockett – *Silver All around, Bronze on high bar*
 - Liam Diakow - *Bronze floor, Silver on p-bars, Bronze on rings*
 - Jay Isaac – *Silver on high bar*
 - Alex Nemnozhko – *Gold on p-bars, Gold on rings*
 - Avery Kuhn – *Bronze on p-bars*
 - Aiden Elwilly – *Silver on rings*
 - Maxim Bouldakov – *Gold on vault*
 - Declan Kells – *Bronze on vault*

MAG Highlights from Canadian Championships

- Open
 - Carson Oxley – *Silver on floor, Bronze on vault*
 - Aiden Harder – *Bronze on high bar*
 - Aspire
 - Jaydon De Silva – *Gold All-around, Silver on floor, Gold on rings, gold on vault, silver on high bar, bronze on p-bars*
 - Majus Grabiauskas – *Bronze All-around, Bronze on rings, Gold on high bar*
 - Joshua Hands – *Silver on pommel*
 - Rory Freeman – *Silver on p-bars*
 - Senior
 - Sam Smith – *Silver on Pommel*
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The 2023-2024 competitive season has been a very busy and successful season for our WAG program. The women's program continues to grow in all levels. We continue to see more coaches being certified at all levels, strong representation of Alberta Teams at Westerns and Canadians, and additional judges moving into the National and Brevet Systems.

Clubs

We currently have 48 clubs registered with AGF with a Women's Competitive Program.

Training Camps

AGF hosted 6 Canadian Competitive Program training camps, 2 Xcel training camps this year, as well as the Canadians Team Training Camp. Expert Coaches from across Alberta and guest presenters from Canada and the United States came to present at the camps. There were two CCP 1-5 camps and 2 Xcel camps held in the fall, one in the north and one in the south for each camp. The level 6-7 and level 8-10 camp was a huge success with over 160 athletes registered.

Judges Development

Alberta registered 78 judges this season including Brevet, National, Optional, Compulsory, and Xcel judges. We hosted multiple online and in person courses to certify judges as well as to help judges earn CPE hours. A new judging system will be introduced in the 2024/2025 season to help educate our judges in all programs and levels.

Competitions

Alberta athletes competed in the Alberta Provincial Championships (Calgary – April), Western Canadian Championships (Langley - April), Alberta Xcel and Compulsory Championships (St. Albert - May), and Canadian Championships (Gatineau, QC - June). Alberta won numerous medals in individual and team events. Participation in these events included:

- 1) Trials to Westerns – Hosted by the Exelta Gymnastics with over 110 athletes in levels 8-10.
- 2) Alberta Provincial Championships – Over 330 athletes from levels 6-10 competed at Provincials hosted by AGF.
- 3) Alberta Xcel and Compulsory Championships – Almost 1000 athletes attended the Alberta Xcel and Compulsory Championships hosted by St. Albert Gymnastics. This is the first time that these 2 events were hosted together.
- 4) Westerns – 48 athletes competed at the Western Canadian Championships
- 5) Canadians – 27 athletes competed at the Canadian Championships

WAG Highlights from Western Canadian Championships

- CCP 8 (11-14)
 - Team Alberta – GOLD
 - Maya Carbol – GOLD – BB, GOLD – AA
 - Lexi Roblin – GOLD – UB, BRONZE – FL, BRONZE – AA
 - Nemya Wright – GOLD – VT
 - Everleigh Ramler – BRONZE – BB
 - Gabriela Piotrowska – SILVER – BB
 - Jordyn Visser – GOLD – FL
 - CCP 8 (15+)
 - Team Alberta – GOLD
 - Isabella Swallow – SILVER – FL
 - Abigail Redmond – BRONZE – FL
 - Emma Leung – BRONZE – UB
 - Brooklyn Houben – SILVER – BB
 - Naomi Nernberg – GOLD – FL
 - CCP 9 (11-4)
 - Team Alberta – SILVER
 - Lexi St. Pierre – GOLD – UB, BRONZE – BB
 - Scarlett Henry – BRONZE – FL
 - Julia Friesen – BRONZE – FL
-

- CCP 9 (15+)
 - Team Alberta – SILVER
 - Cameron Boulton – BRONZE – VT, GOLD – UB, BRONZE – AA
 - Payton Petraschuk – SILVER - VT
- CCP 10 (12-15)
 - Team Alberta – GOLD
 - Majken Holmgren-Zunti – GOLD – UB, GOLD – AA
 - Rebecca Lee – GOLD – BB, SILVER – FL, SILVER – AA
 - Molly Holowchuk – GOLD – VT
 - Cruz Cloman – BRONZE - UB
- CCP 10 (16+)
 - Team Alberta – SILVER
 - Melania Buhaj – BRONZE – BB, BRONZE – FL, BRONZE – AA
 - Allie Forbes – SILVER – UB
 - Brooke Spurway – GOLD – BB, SILVER - FL

WAG Highlights from Canadian Championships

- Level 9 (11-14)
 - Tegan Wanner – BRONZE – UB
 - Level 10 (12-15)
 - Team – GOLD
 - Rebecca Lee – SILVER – FL
 - Majken Holmgren-Zunti – BRONZE – UB
 - Molly Holowchuk – GOLD – VA
 - Level 10 (16+)
 - Allie Forbes – SILVER – UB
 - HP
 - Zoe Ewens – BRONZE - FL
-

Alberta Clubs & Athletes

13 TG clubs: Athabasca Flips, Ortona, Phoenix, Exelta, Thunder Country, Airdrie, Pegasus, Altadore, CGC, Westwind, Airborne, Cardston, Norfort

428 athletes: 94 National, 198 Provincial, 136 Developmental

Alberta Hosting for 2023 - 2024

- 3 Invitationals (Exelta, Cardston, Airdrie)
- 4 FAST events (CGC, Cardston, Airborne, Airdrie)
- 3 Provincial/National Cups (Altadore, CGC, Ortona)
- Provincial Championships (Olympic Oval)
- Elite Canada (Olympic Oval)

Education / Training Camps for Athletes, Coaches and Judges in Alberta

- Coaches & Judges Retreat (Red Deer | 20 Participants)
- Provincial Tumbling Training Camp (Ortona | 28 Athletes & 10 Coaches)
- National DMT & TRA Training Camp (Airdrie | 20 Athletes & 8 Coaches)
- Western Canada Cup AB training camp (Pegasus)
- Canadians Training Camp (Exelta)

Judging

42 Judges: 23 P3/4, 6 P1, 8 National, and 5 FIG. 9 new judges working through their shadowing requirements

- Provincial Tumbling Course (Virtual | 22 Judges)
- Provincial Double Mini Course (Virtual | 20 Judges)
- Provincial Trampoline Course (Virtual | 20 Judges)
- Provincial Tumbling Course #2 (Virtual | 7 Judges)
- National Trampoline Course (Calgary | 4 AB Judges)

TG Technical Committee

Eran Silberg (Co-Chair)
Trish Quinney (Co-Chair)
Dmytro Troyan (Coaching Chair – Vacated)
Jessica Walper (Judging Chair)

Derek Hanson (MAL)
Sheila Downie (MAL - Vacated)
Craig Theodore (Athlete Representative)

Elite, Westerns & Canadians

Elite – Calgary (9 Clubs | 93 Athletes | 36 Medals)

Westerns – Regina (18 individual gold medals | 3 all-around medals)

Canadians – Gatineau (82 Athletes | 40 individual medals – 15 Gold, 11 Silver, 14 Bronze)

2024 Canadians Individual Highlights

- | | |
|---|---|
| 1. Addison Aldous - Silver TRA L6 15-16 & Bronze DMT L6 15-16 | 16. Reese Moborg – GOLD DMT L6 14 U & Silver TRA L6 14U |
| 2. Noah Bing L'Heureux – Silver TRA L6 15-16 & Bronze DMT Jr | 17. Mackenzie Nelson – GOLD DMT L5 17+ |
| 3. Tristan Bloom – GOLD DMT Jr, Silver TRA Jr & Bronze TUM Jr | 18. Olivia Newman – Silver TUM Jr |
| 4. Gavin Gibbs – GOLD TUM Jr | 19. Ella Novotny – GOL DMT L5 15-16 |
| 5. Fleur Goodman GOLD DMT L6 15-16 & TUM L5 15-16 | 20. Mitchell Pedersen – Bronze TUM Sr |
| 6. Payton Holowaychuk – Silver DMT L5 14U | 21. Zoe Phaneuf – Bronze DMT Sr |
| 7. Claire Jackson – GOLD TUM Sr | 22. Benjamin Pinsk – Silver TUM L7 |
| 8. Vivian Kaufmann – Bronze TUM L6 | 23. Griffyn Robertson – GOLD DMT L7 |
| 9. Roman Kisko – Bronze DMT & TUM L5 15-16 | 24. Wyatt Robinson – Bronze DMT L5 15-16 |
| 10. Katarina Kotkas – Silver TRA L7 | 25. Laine Rockarts – Silver DMT L6 14U & TRA L5 14U |
| 11. Sam Laderoute – Bronze TUM L7 | 26. Torrance Sartison – GOLD TUM L7 |
| 12. Yannick Lanquetin – GOLD DMT L5 15-16 | 27. Kalena Soehn – Bronze TRA Sr |
| 13. Addison Leary – Bronze TUM L5 17+ | 28. Keegan Soehn – GOLD TRA Sr |
| 14. Jeremy Meyer – Silver DMT Sr | 29. Nathan Stang – GOLD DMT L5 17+ |
| 15. Rylan Michalski – GOLD TUM L5 15-16 | 30. Maksym Troyan – Bronze TRA L5 14U |
| | 31. Maya Weldon – GOLD DMT L5 14U |
| | 32. Nolan Zurek – Bronze DMT Sr |

National Teams**2023 Worlds Team – Birmingham, UK**

- | | |
|------------------------------|-------------------------|
| 1. Keegan Soehn – TRA & SYNC | 6. Abby Thompson – TUM |
| 2. Adam Stannard - TUM | 7. Nolan Zurek - DMT |
| 3. Mitchel Pedersen - TUM | 8. Mark Armstrong - DMT |
| 4. Claire Jackson - TUM | 9. Zoe Phaneuf – DMT |
| 5. Sam Ibach - TUM | 10. Kalena Soehn - DMT |

2023 WAGC Team – Birmingham, UK

- | | |
|------------------------------|--------------------------------|
| 1. Cody Cyman – TRA & DMT | 8. Riley Moore - TUM |
| 2. Tristan Bloom – TRA & DMT | 9. Sara Moore - TUM |
| 3. Luke D'Hondt - TRA | 10. Brooklyn Olsen – TUM & DMT |
| 4. Makena Schmidt - TRA | 11. Griffyn Robertson - DMT |
| 5. Gavin Gibbs - TUM | 12. Jeremy Meyer - DMT |
| 6. Simon Neufeld - TUM | 13. Benjamin Pinsk - DMT |
| 7. Nolan Zurek - TUM | |

Senior National Team Member 2023-2024

- | | |
|------------------------------|---------------------------|
| 1. Keegan Soehn – TRA | 8. Zoe Phaneuf – DMT |
| 2. Kalena Soehn – TRA & DMT | 9. McKayla Dalgetty - DMT |
| 3. Claire Jackson – TUM | 10. Nolan Zurek – DMT |
| 4. Sam Ibach – TUM | 11. Mark Armstrong – DMT |
| 5. Adam Stannard – TUM | 12. Benjamin Pinsk – DMT |
| 6. Mitchel Pedersen – TUM | 13. Jeremy Meyer – DMT |
| 7. Simon Neufeld – TUM & DMT | |

Junior National Team Member 2023-2024

1. Gavin Gibbs – TUM & DMT
2. Tristan Bloom – TUM & DMT
3. Olivia Newman – TUM
4. Makena Schmidt – DMT

Development National Team Member 2023-2024

1. Cody Cyman - TRA
2. Brooklyn Olsen – TUM & DMT
3. Riley Moore – TUM
4. Nolan Zurek – TUM
5. Torrance Sartison – TUM
6. Griffyn Robertson – DMT